

2023 NC YRBS Update

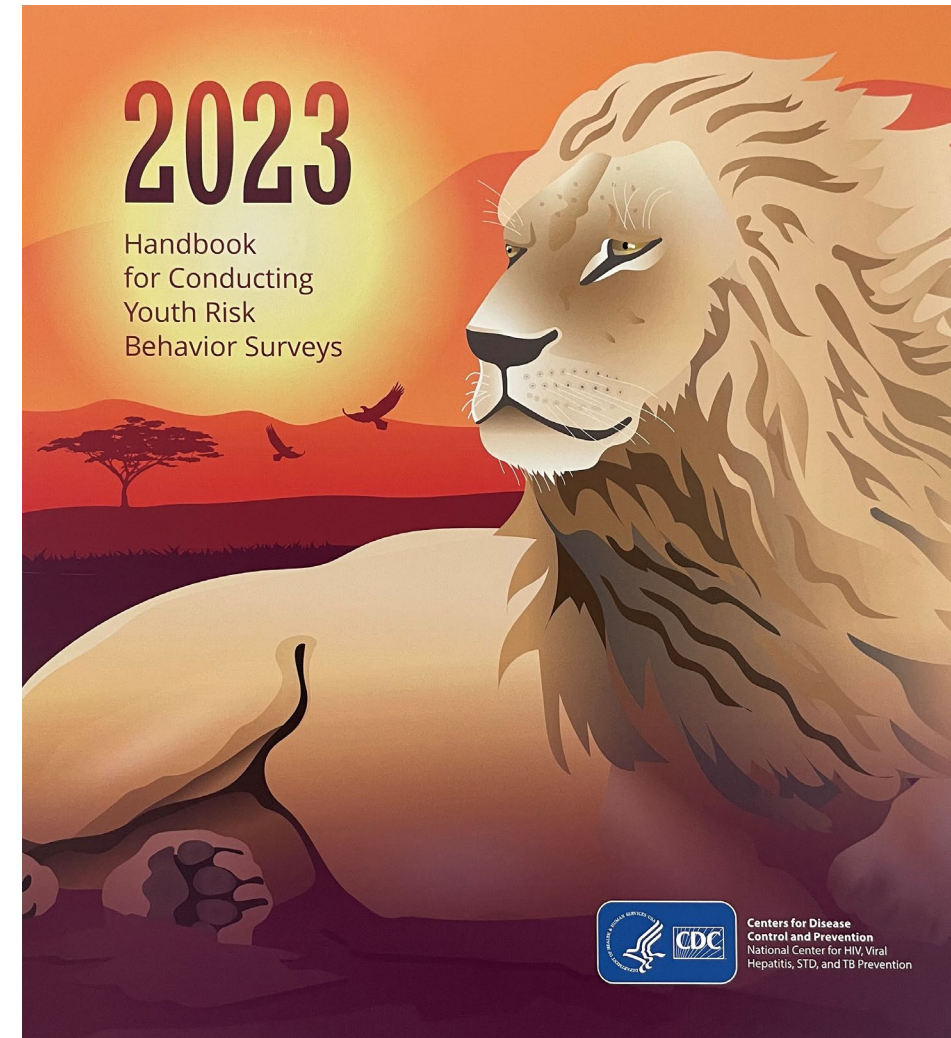
Dr. Michael Maher (Deputy State Superintendent, Division of Standards, Accountability & Research)

Dr. Kristi Day (Director, Office of Academic Standards)

Dr. Ellen Essick (Section Chief, Specialized Instructional Support & NC Healthy Schools)

What is the YRBS?

- NC conducted at **middle** and **high school** levels
 - Administered in odd years in NC since 1993
- All schools and classes are **randomly selected**
- Participation is **voluntary** at each level
- Parental notification is **required**
- Designed to be completed in **one class period**
- Completely **anonymous**



Priority Health-Risk Behaviors and Health Outcomes Monitored by YRBS

- Behaviors that contribute to the leading causes of mortality and morbidity
 - Unintentional injuries and violence
 - Sexual behaviors
 - Alcohol and other drug use
 - Tobacco use
 - Unhealthy dietary behaviors
 - Inadequate physical activity
- Obesity
- Other priority health issues

**“Student voice
is the road to
change.”**

- Dr. Russell J. Quaglia



Healthy People 2030



ODPHP | Office of Disease Prevention
and Health Promotion

No other national source of data measures as many of the Healthy People 2030 objectives addressing adolescent health risk behaviors as the YRBS.

Questionnaire Development

1. High School: 99 questions
2. Middle School: 70 questions
3. Use 2/3 of the questions from the CDC standard questionnaire
4. Convene stakeholders and discuss rationale for any new question requests
5. Attempt to keep questions consistent as possible for trend data
6. Obtain approval from DPI/SBE
7. Obtain final approval from the CDC



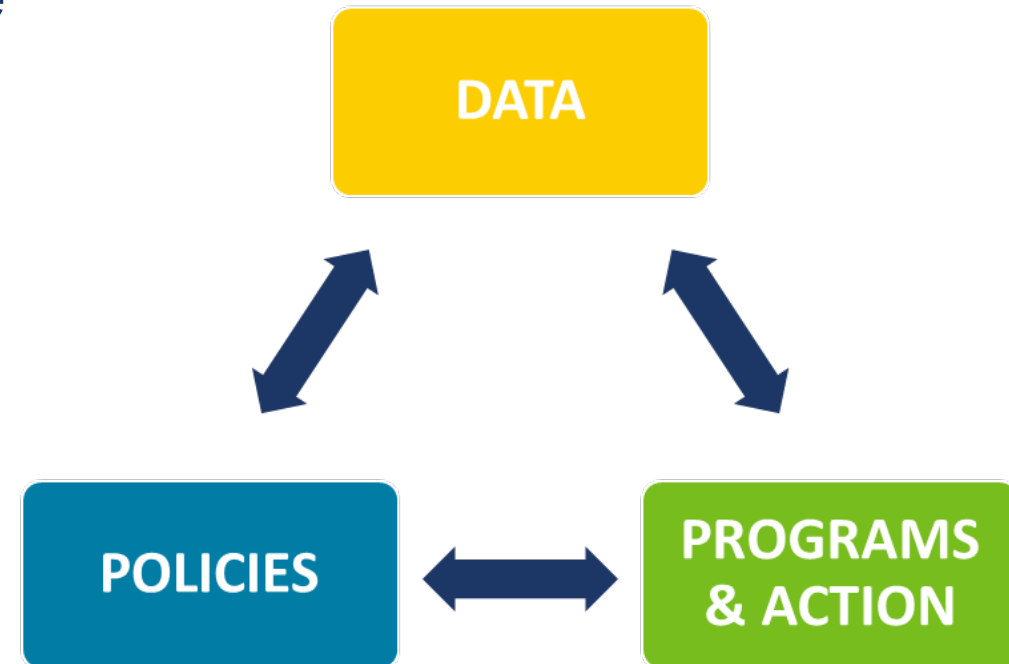
How is YRBS data used?



The Value

The YRBS results have tremendous value at the national, state, and local level.

- Results allow health and educational professionals to track the prevalence of youth risk behaviors over time.
- Results allow comparison of states to other states or to the nation.
- Oversampled local communities are empowered to measure themselves compared to the rest of the state.



Whole School, Whole Community, Whole Child

A Collaborative Approach to Learning and Health



The State of North Carolina Student Health

2023 NC High School YRBS At a Glance

Cigarette Smoking →

Current use remains at an all time low of 4%

Vaping ↓

Current vaping is 42% lower than 2019 high

Marijuana Use ↓

Current use is 32% lower than in 2013

Alcohol Use ↓

Current use is 36% lower than in 2013

Prescription Pain Killers Use →

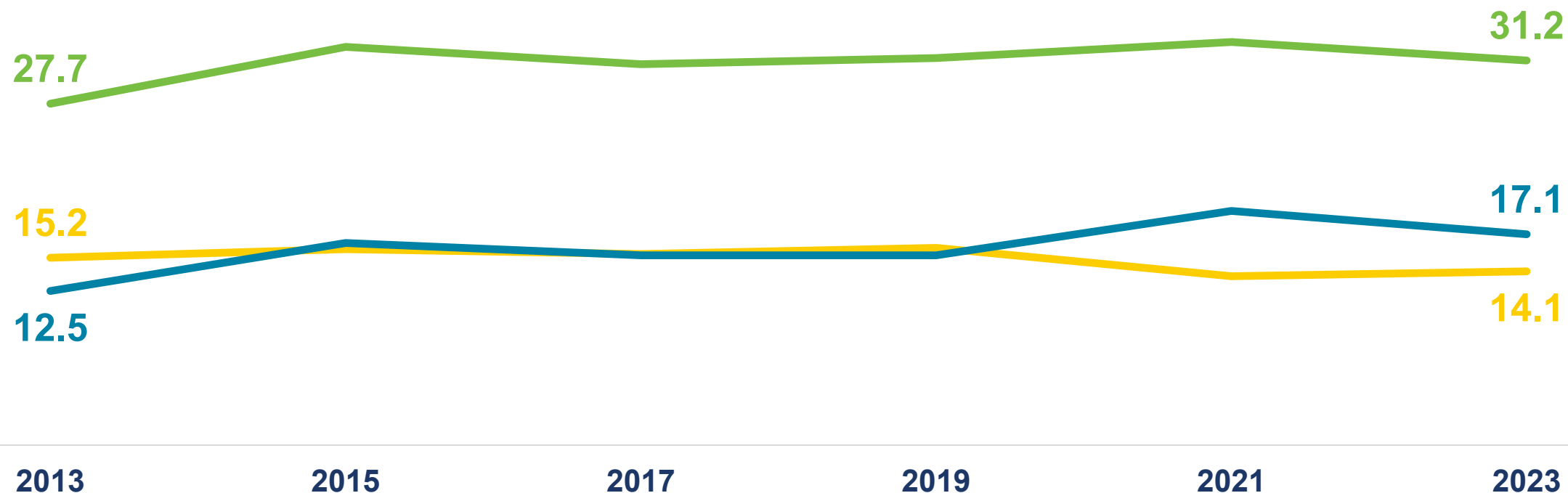
No significant change but trending better

Bullying →

No significant change in last 10 years

Percentage of NC High School Students Who Were Overweight or Had Obesity, 2013-2023

—Overweight —Had Obesity —Total



Nutrition

Percentage of High School Students Who Ate Breakfast on All 7 Days of the Past 7 Days, 2013-2023, NC vs US

—NC —US



2013

2015

2017

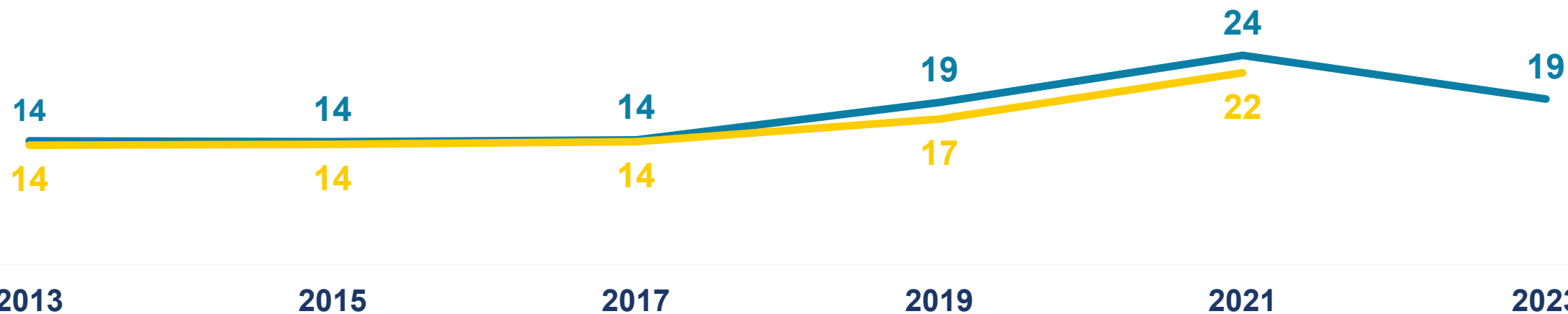
2019

2021

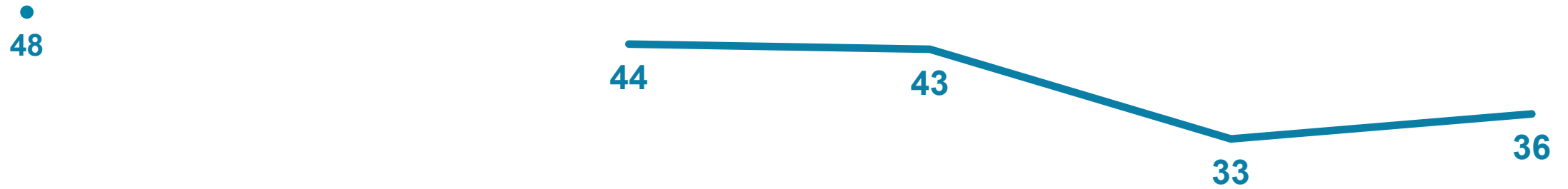
2023

Percentage of High School Students Who Did Not Eat Breakfast on Any Day in Past 7 Days, 2013-2023, NC vs US

—NC —US



Percentage of NC Middle School Students Who Ate Breakfast on All 7 Days of the Past 7 Days, 2013-2023



2013

2015

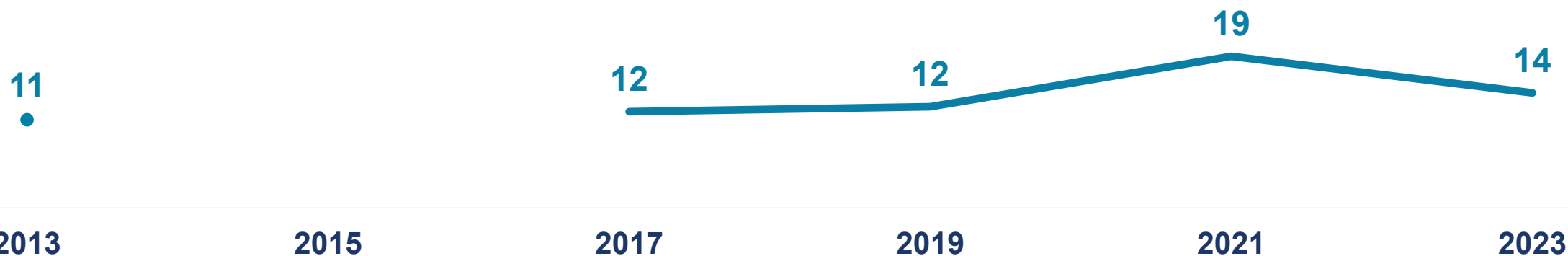
2017

2019

2021

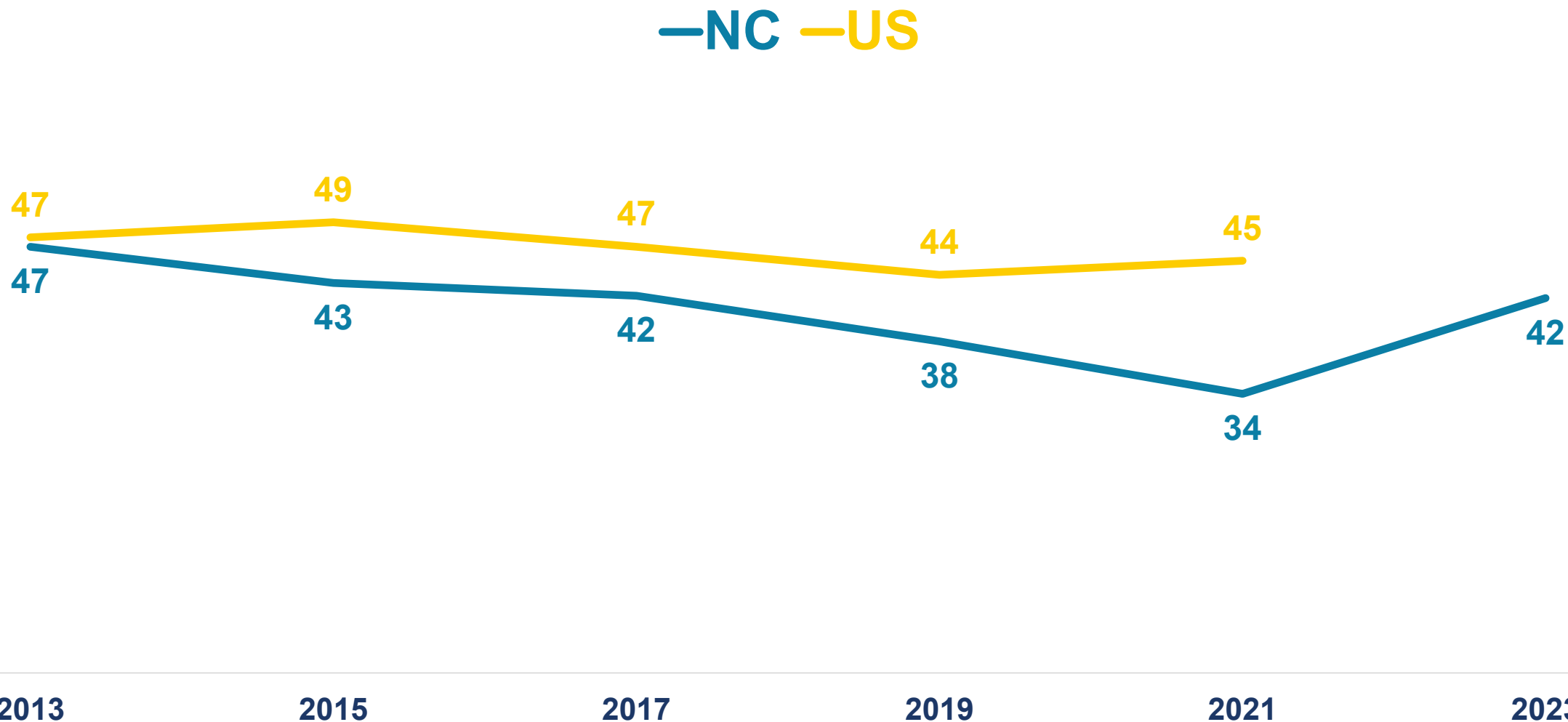
2023

Percentage of NC Middle School Students Who Did Not Eat Breakfast on Any Day in Past 7 Days , 2013-2023

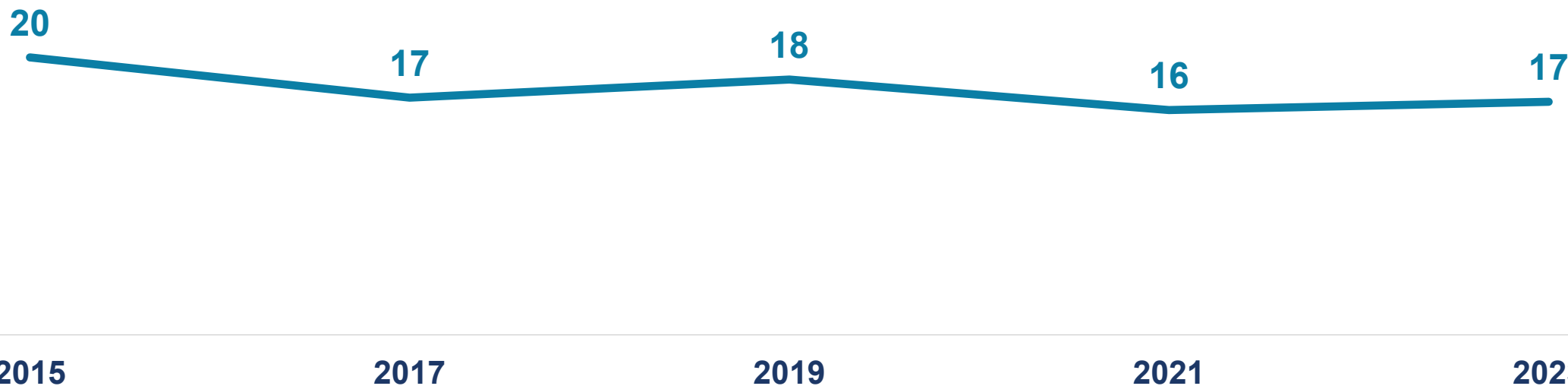


Physical Activity

Percentage of High School Students Who Were Physically Active at Least 60 Minutes Per Day on 5 or More Days in the Past 7 Days, 2013-2023, NC vs US

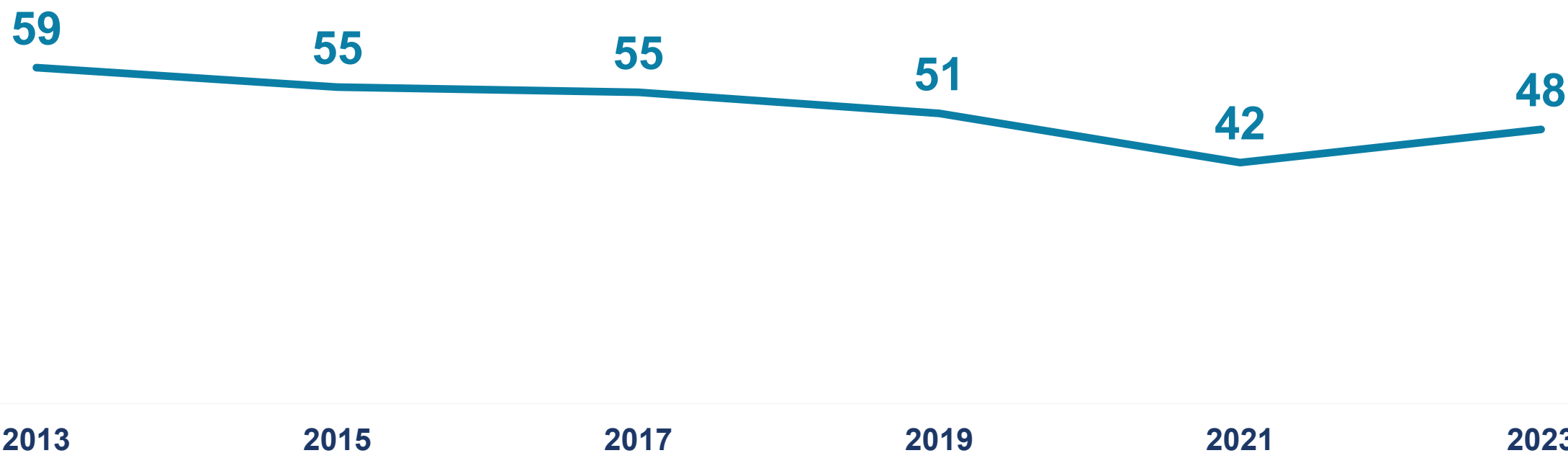


Percentage of NC High School Students Who Reported That Some of Their Classroom Teachers Provide Short Physical Activity Breaks During Regular Class Time, 2015-2023

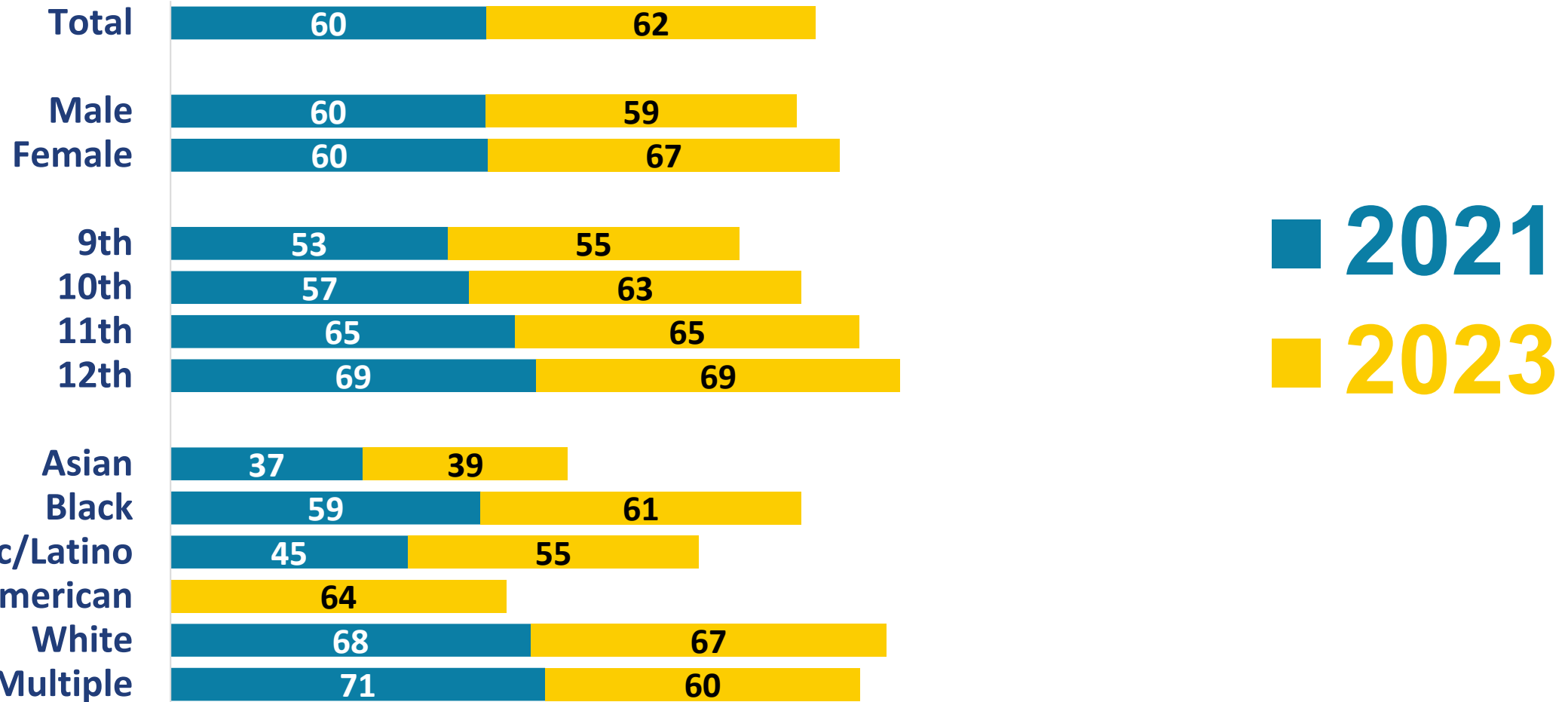


Mental Health

Percentage of NC High School Students Who Strongly Agree or Agree That Their Teachers Really Care About Them and Give Them a Lot of Encouragement, 2013-2023

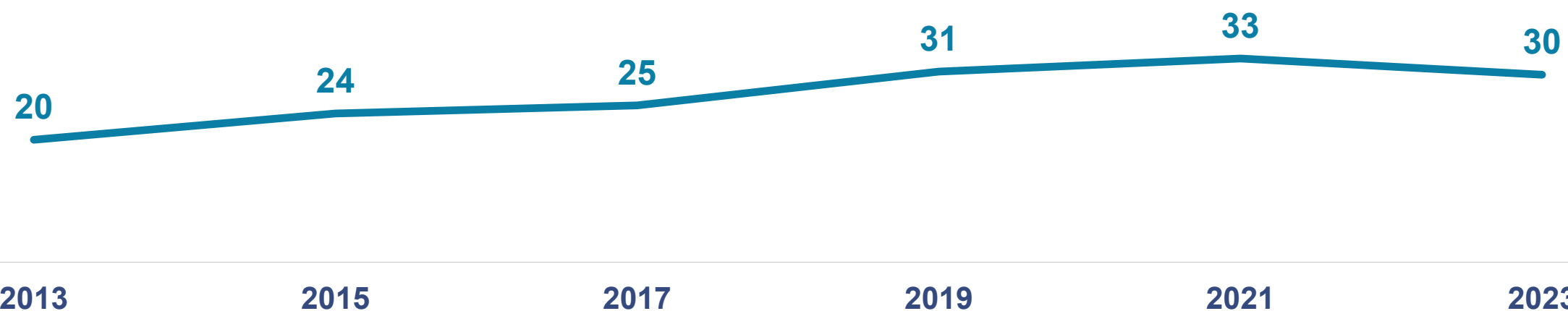


Percentage of NC High School Students Who Reported There Is at Least One Teacher or Other Adult in Their School That They Can Talk to If They Have a Problem, by Sex, Grade,* and Race/Ethnicity,*



*All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

Percentage of NC High School Students Who Agree or Strongly Agree That They Feel Alone in Their Life

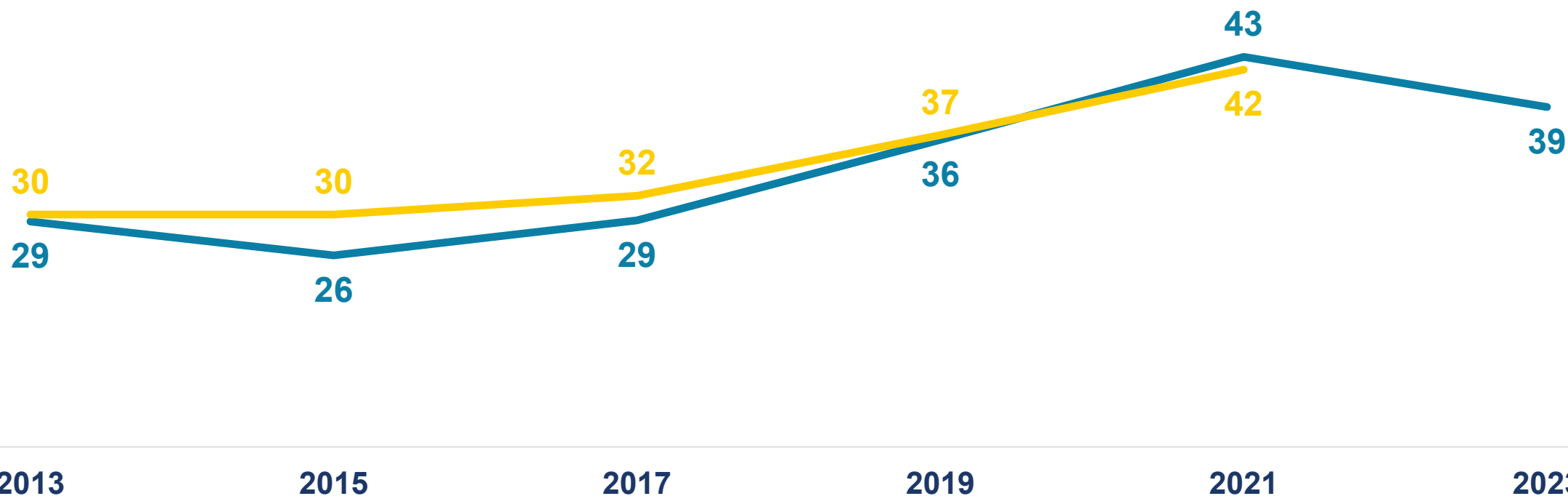


Percentage of NC High School Students Who Strongly Agree or Agree That They Feel Good About Themselves



Percentage of High School Students Who Felt Sad or Hopeless, 2013-2023, NC vs US

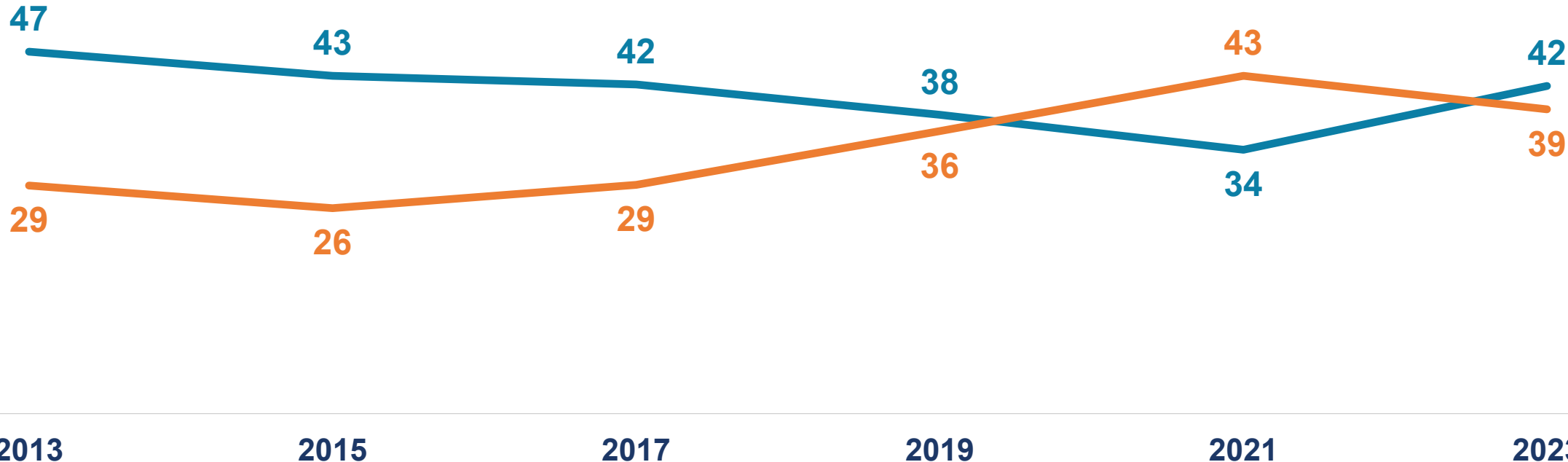
—NC —US



Percentage of NC High School Students Who Were Physically Active at Least 60 Minutes Per Day on 5 or More Days of the Past 7 Days vs. Felt Sad or Hopeless, 2013-2023



—NC PA 5 or More Days —NC Felt Sad or Hopeless

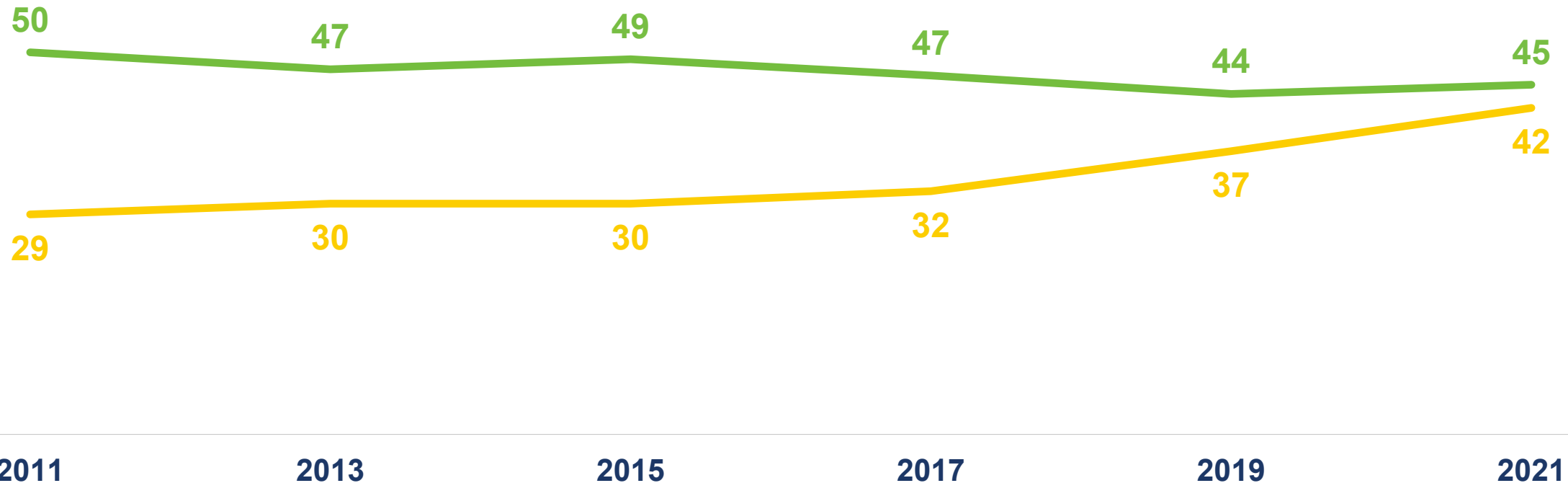


Percentage of US High School Students Who Were Physically Active at Least 60 Minutes Per Day on 5 or More Days of the Past 7 Days vs. Felt Sad or Hopeless, 2011-2021



—US PA 5 or More Days

—US Felt Sad or Hopeless

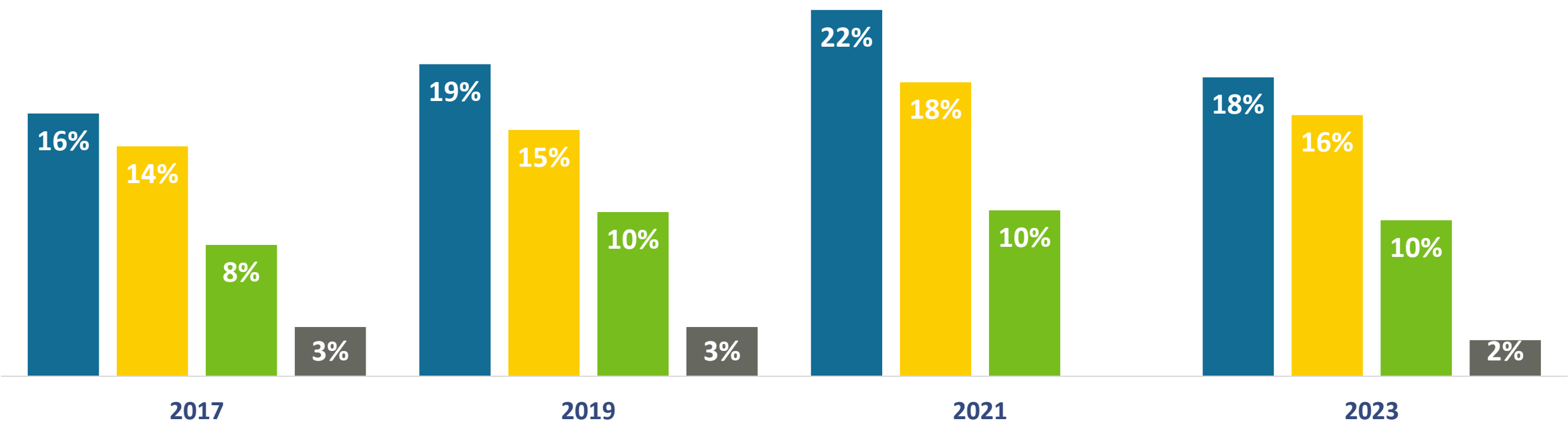


Percentage of NC Middle School Students Who Were Physically Active at Least 60 Minutes Per Day on 5 or More Days of the Past 7 Days vs. Felt Sad or Hopeless, 2013-2023

—PA 5 or More Days → Felt Sad or Hopeless



Suicidal Behaviors 2017-2023 NC High School Students

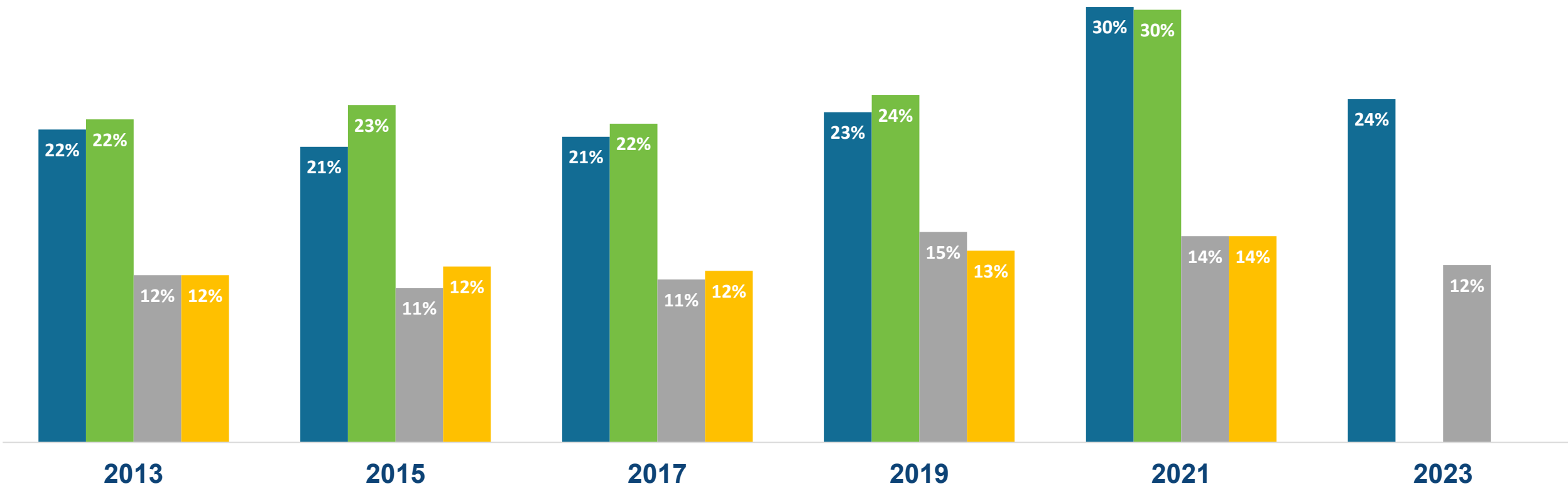


- Seriously Considered Attempting Suicide During Past 12 Months
- Made a Plan for Suicide Attempt During Past 12 Months
- Attempted Suicide
- Made a Suicide Attempt During the Past 12 Months That Resulted in an Injury Needing Treatment by a Medical Professional (Not asked in 2021)

Seriously Considered Suicide in Past 12 Months

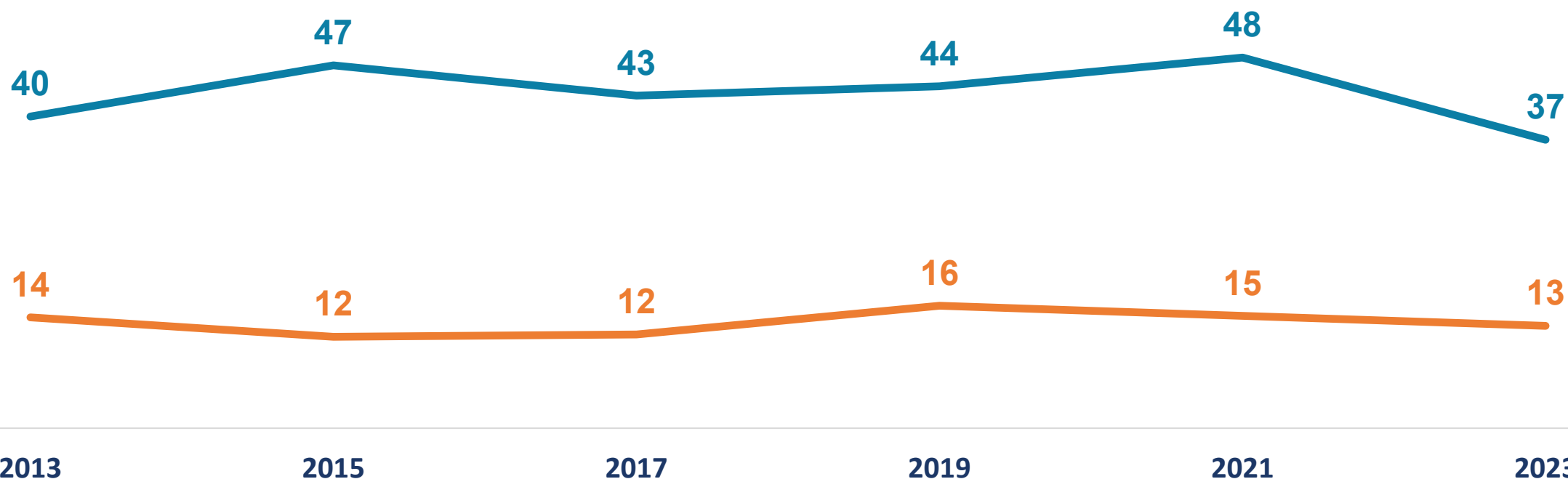
2013-2023 NC High School Students

■ NC Female ■ US Female ■ NC Male ■ US Male



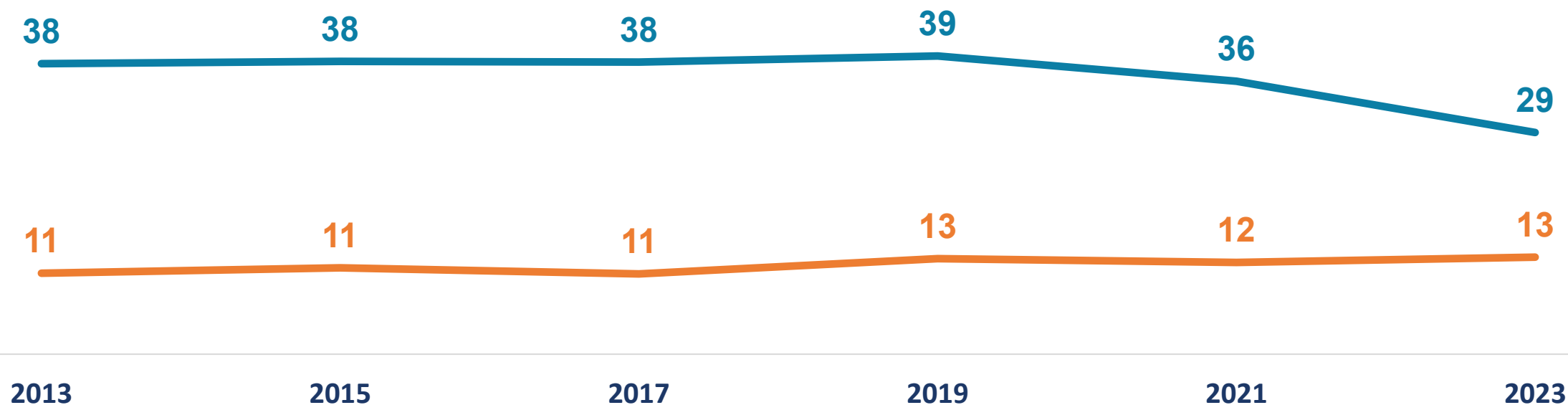
Percentage of NC High School Students Who Seriously Considered Suicide in the Past 12 Months, Heterosexual vs Gay, Lesbian, or Bisexual Students, 2013-2023

—Heterosexual Seriously Considered —GLB Seriously Considered



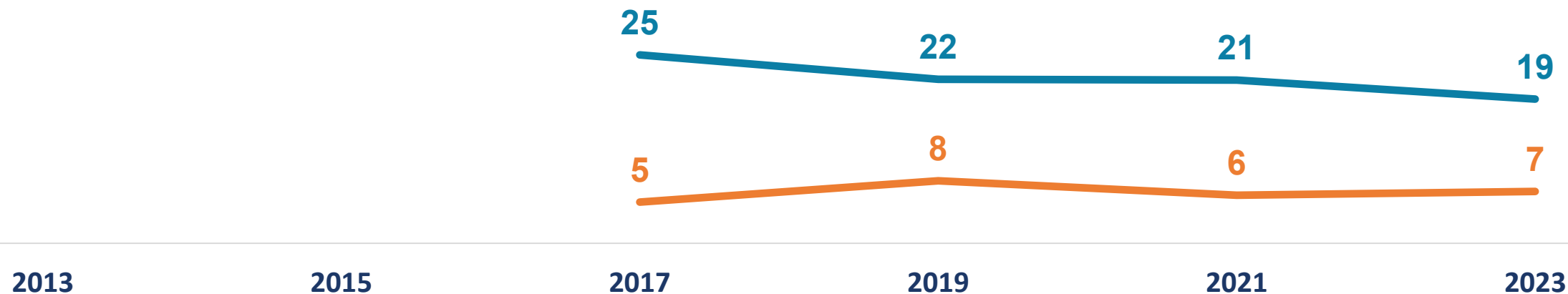
Percentage of NC High School Students Who Made a Plan for a Suicide Attempt in the Past 12 Months, Heterosexual vs Gay, Lesbian, or Bisexual Students, 2013-2023

—Heterosexual Made Plan —GLB Made Plan



Percentage of NC High School Students Who Attempted Suicide in the Past 12 Months, Heterosexual vs Gay, Lesbian, or Bisexual Students, 2013-2023 (Question not included in the 2013 or 2015 NC YRBS)

—Heterosexual Attempted —GLB Attempted



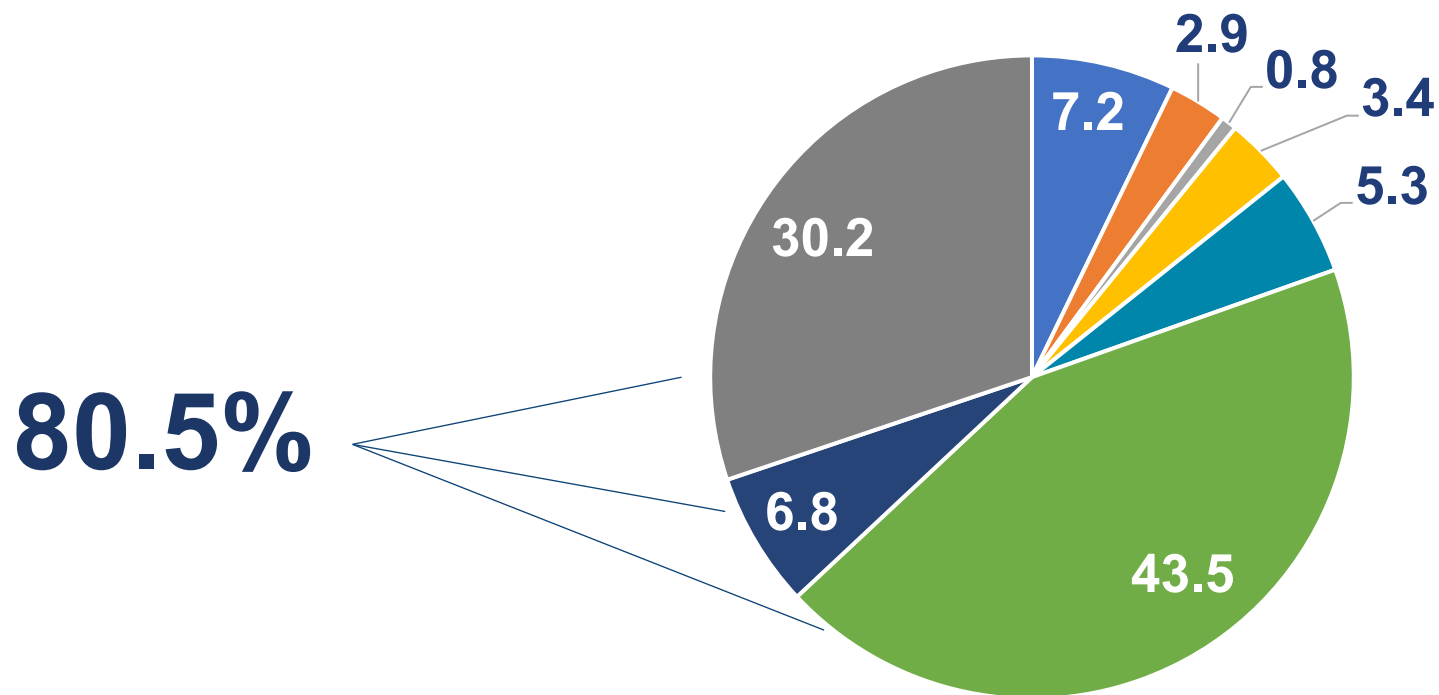
Principal Paul Travers



Social Media

How often do you use social media?

Percentage of NC High School Students Responses From 2023 YRBS



80.5%

■ I do not use social media

■ About once a week

■ About once a day

■ About once an hour

■ A few times a month

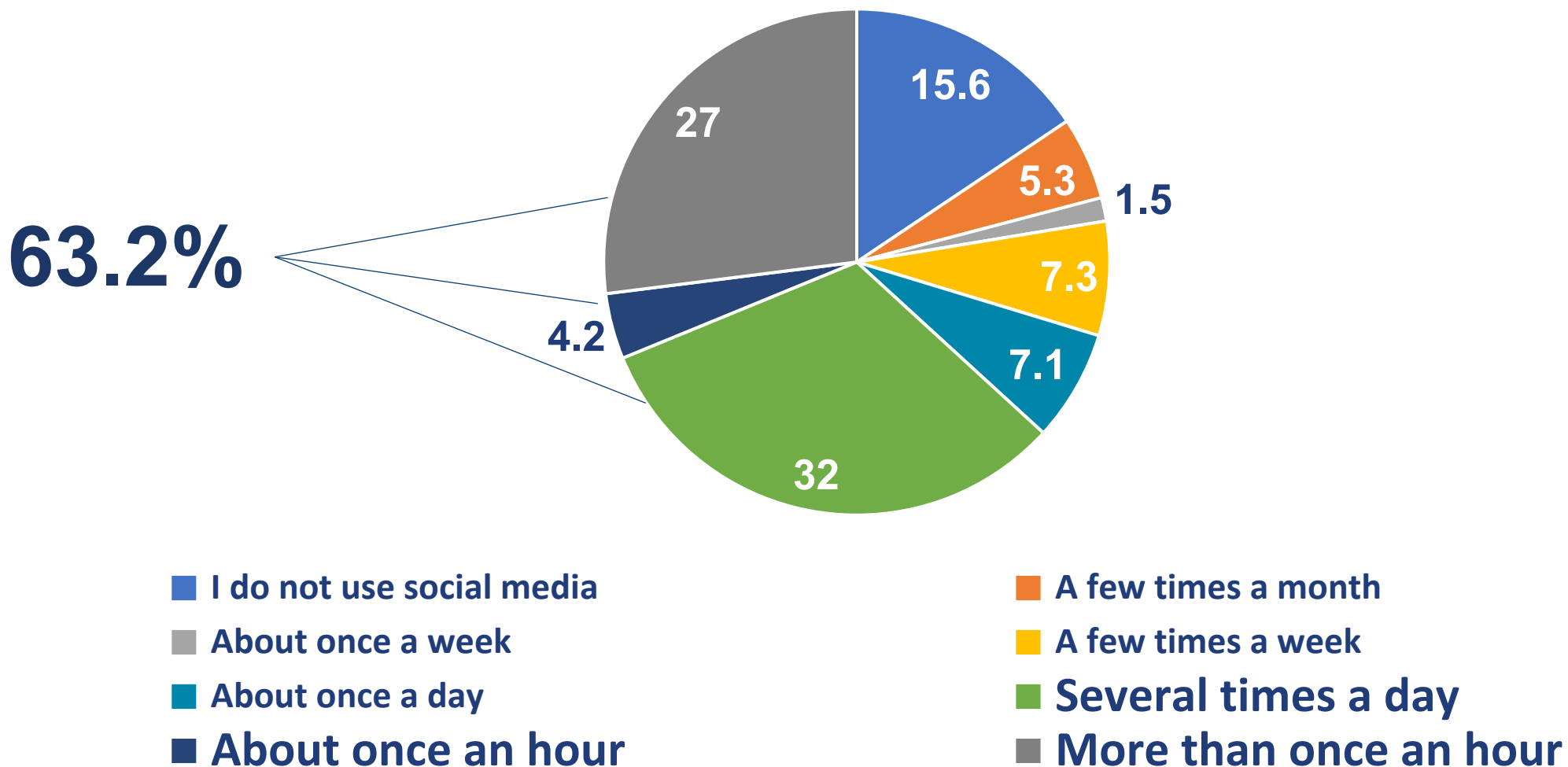
■ A few times a week

■ Several times a day

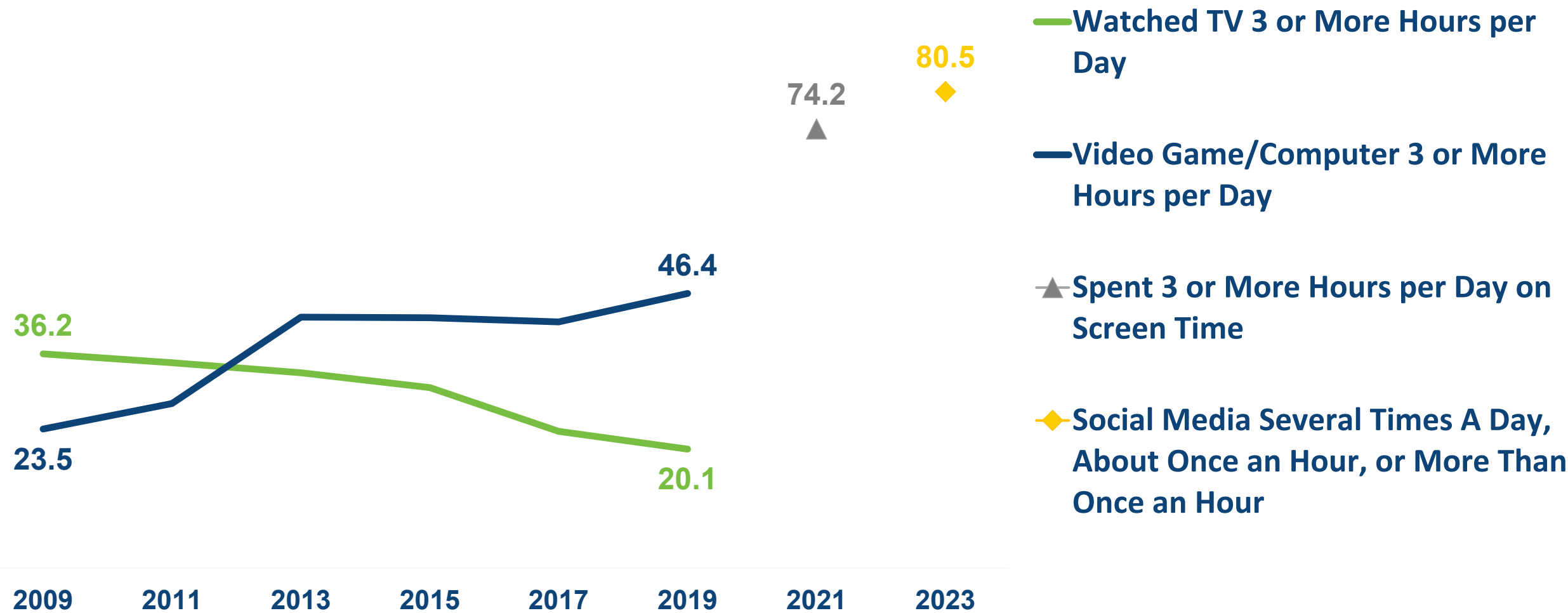
■ More than once an hour

How often do you use social media?

Percentage of **NC Middle School** Students Responses From 2023 YRBS

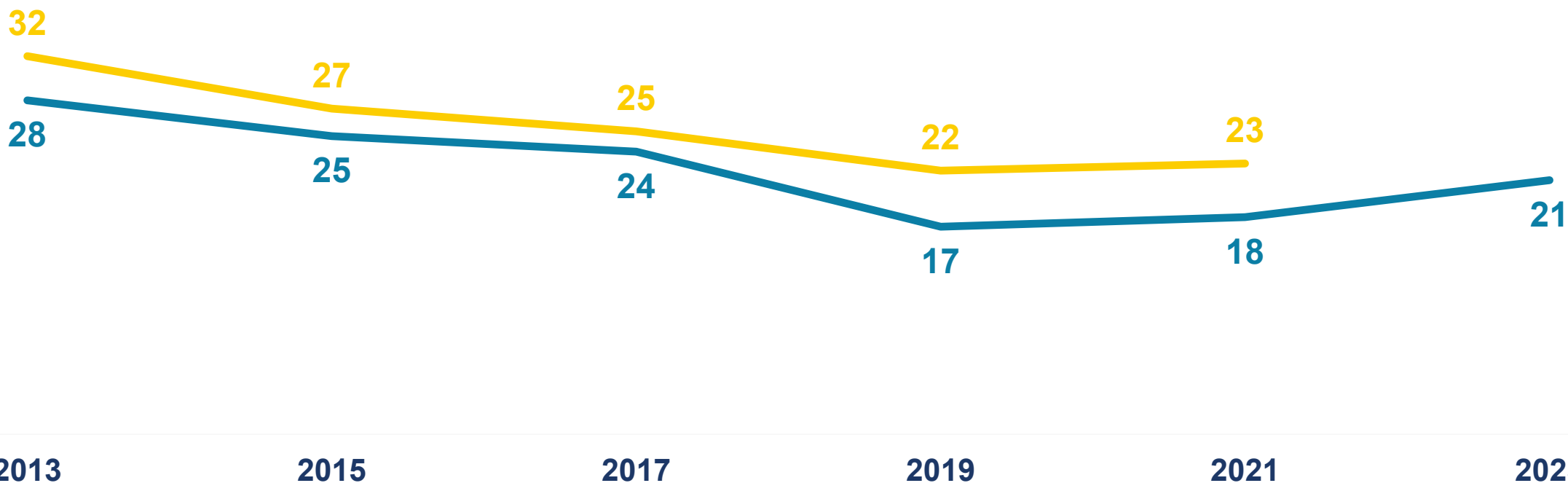


Percentage of NC High School Students Who...



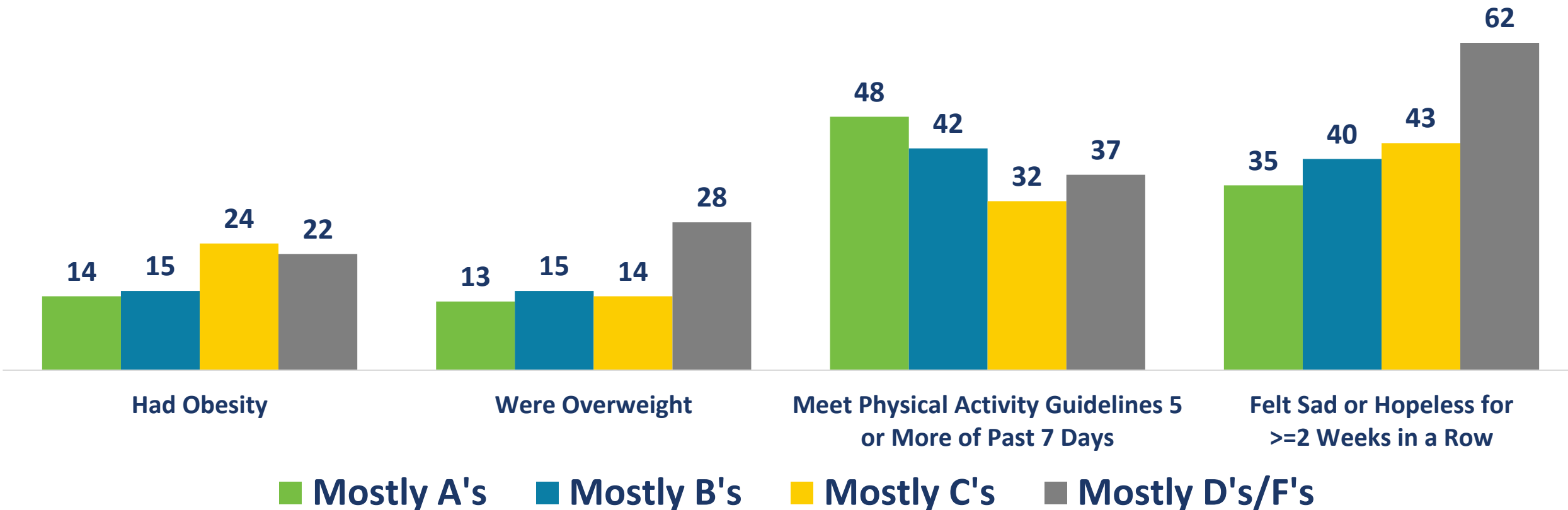
Percentage of High School Students Who Got 8 or More Hours of Sleep on an Average School Night, 2013-2023, NC vs US

—NC —US

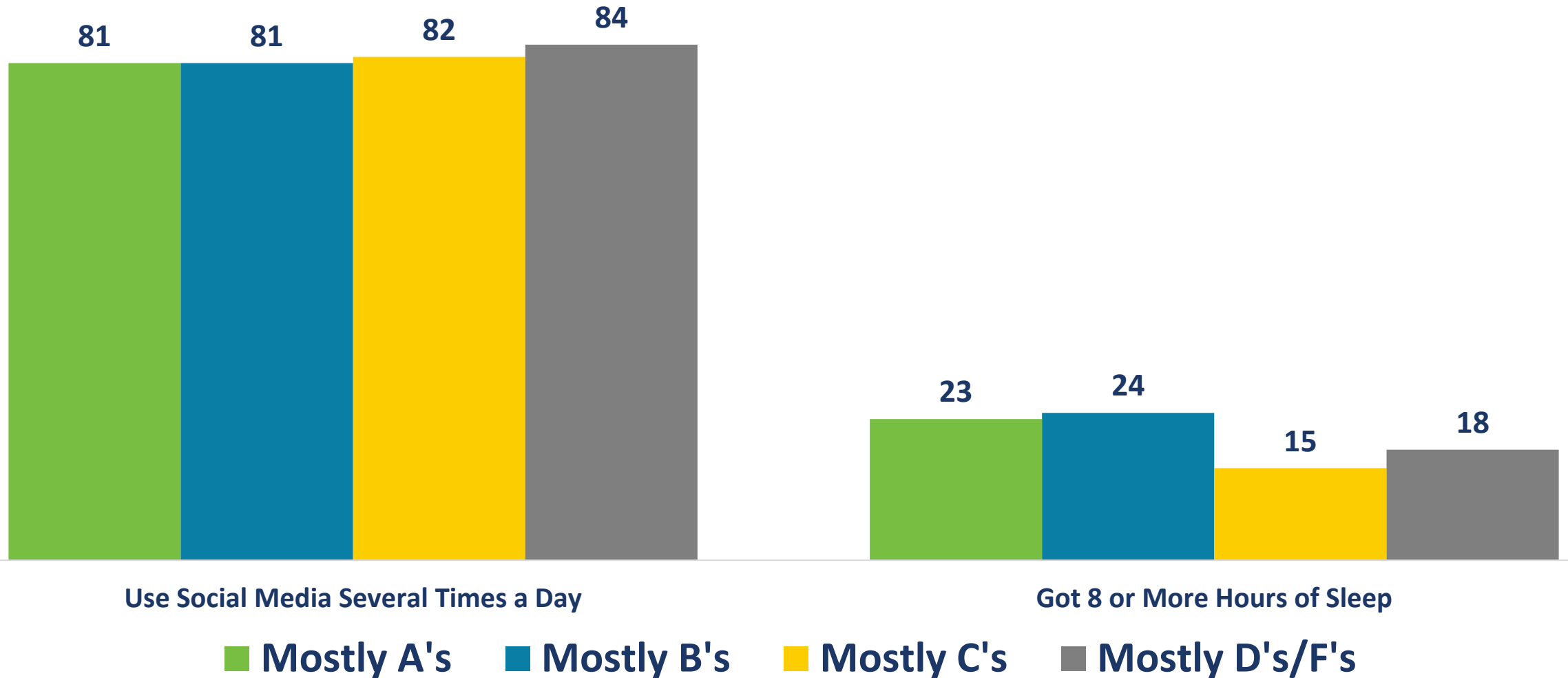


Health and Academics

Health and Academics 2023 NC HS YRBS



Health and Academics 2023 NC HS YRBS



What's Next?

- 2025 YRBS
 - Release 2023 YRBS data
 - Convene stakeholders
 - Questionnaire development
 - January 2025 – Selected schools contacted
 - January thru May 2025 – Survey administration
- Policy recommendations
 - Healthy Active Children Policy
 - School-Based Mental Health Policy



Key Takeaways

- Increasing physical activity improves mental health – and we're on the right track.
- Mental health is improving after taking a hit during the pandemic.
- Social media is playing a growing role in students' lives and mental health.
- YRBS data represents our students' voices



Whole School Whole Community Whole Child



Healthy Children Learn Better